



The Good Lunch Box Guide

A packed lunch should be:

- Varied and interesting
- Tasty and enjoyable
- Filling
- Hassle-free
- Easy to pack
- Good value for money

Try to ensure that you include something from the following groups of food every lunchtime.

- Bread, potatoes, pasta, rice and cereals – these are healthy, filling and inexpensive. They give you energy, vitamins and minerals.
- Fruit and vegetables – these foods give you vitamins and help protect against disease. Fresh, tinned (in juice rather than syrup) and dried are all healthy.
- Meat, fish, eggs, beans and pulses – These help you grow well and have healthy blood. They give you iron and protein.
- Milk, cheese and yoghurt – these give you protein, calcium and vitamins. You should choose low fat varieties.
- Drinks – choose water (free/cheap and healthy!) or pure fruit juice.

A note about spreads – sandwich fillings like meat paste, tuna, peanut butter, cheese and banana don't need any spread but if you use a spread make sure that it is "low fat" and spread it as thinly as possible.

Food Safety – schools generally have no suitable storage for perishable foods. Care should be taken with foods normally kept in a fridge. Food and drink should always be chilled before packing. Small ice packs or a frozen carton of juice can be used to keep the food at a low temperature. These will have thawed by lunchtime and will be nice and cool to drink.